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# **EUROPEAN PATENT APPLICATION**

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(71)!Applicant!ESC!Medical!Systems!Ltd. Yokneam!(IL)

(72)!Inventors:

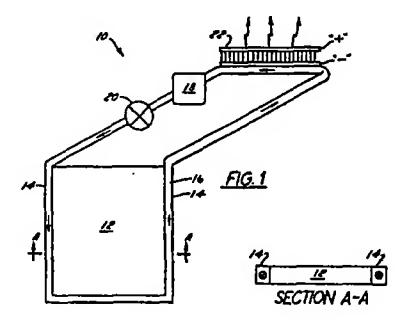
- Echouse,!Shimon
- Haifa,!34987!(IS)
   Talmour,!Eli
- Haifa!32984!(IS)

(74)!Representative:!Cardwell,!Stuart!Martin!at!al

**Roystons** Tower! Building Water! Street Liverpool,!L3!IBA!(GB)

#### (54)Method and apparatus for controlling the thermal profile of skin

A! method! is! provided! for! cooling! skin! during irradiation!treatment!including!thermally!coupling!alwindow!(12)!to!the!skin!and!actively!extracting!heat!from thelwindow.!Thelwindow!may!beltransparent!to!thera-peuticlwavelengths!transmitted!to!and!through!thelwin-dow!and!to!the!skin!below.!An!apparatus!for!therapeutic treatment!of!skin!tissue!is!provided,!induding!a!source (24)!of!electromagnetic!radiation,!a!window!(12)!transparent/to/the/radiation/coupled/to/the/skin/being/treated to/remove/heat/from/the/skin,/coolant/fluid/(16)/coupled to!the!window!to!extract!heat!from!the!window,!and!a heatlexchanger! (22/40)! thermally! coupled! to! the! coolant to! remove! thermal! energy! from! the! coolant



## Description

This intention relates to a method and apparatus for controlling the thermal profile of skin. More particularly, it relates to a method of reducing the temperature. so of an outer layer of skin while the temperature of an Inner layer of skin is elevated.

**Electromagnetic** radiation is used to treat a variety of skin disorders, such as vascular and pigmented lesions, hair removal, skin rejuvenation, psoriasis, among others. This radiation is typically applied to the surface of the skin from a variety of radiation sources, such as lasers that emit coherent light, flashlamps emitting incoherent light and microwave radiation sources, among others. Whatever the source of electromagnetic radiation, in order to provide treatment without damaging the epidermis and surrounding tissue, careful consideration must be given to the problem of maintaining the proper thermal profile in the skin.

For example, a method called selective photothermolysis uses selective absorption of pulses generated in the visible and near-visible ranges of electromagnetic spectrum to produce selective thermal Injury to the skin. In this treatment, the skin is exposed to short pulses of electromagnetic radiation to heat tissue chromophores and blood vessels. Short pulses of intense radiation are necessary to transmit energy to the target tissue at a level that can damage the tissue before it can be cooled off. Since the cooling time for the epidermis Is typically around 9 milliseconds, the pulses must provide extreme localized heating. Repeated pulses of a few millisec onds duration followed by delays of a few tens of milliseconds provide optimal deep skin heating while minimizing damage to outer skin layers. By controlling the pulse width, pulse delay, energy per pulse, and the frequency of radiation applied to the skin, the temperature distribution of the skin as a function of depth -- the thermal profile of the skin -- can be controlled to prevent damage to the skin, while providing enough thermal energy for treatment.

As the depth of the tissue to be treated increases, so does the need to cool the outer layers of skin to prevent injury. Therefore, when treating skin greater then one millimeter deep, positive cooling of the epidermis may be required. There are three basic methods employed to cool the epidermis: cooling using a layer of radiation transparent gel; cooling using "ice cubes"; and cryogen spurt cooling.

In the first of these methods, cooling with a gel, a pre-cooled transparent gel is applied to the surface of the skin to conduct heat away from the epidermis into the gel. This method is limited by its ability to reduce the epidermis temperature by no more than about 20° Celsius. This limited cooling may not be sufficient if the treatment indudes intense heating. In addition, it is sumbersome to apply the gel during treatment while simultaneously irradiating the skin. A further drawback is the passive nature of the cooling: heat is extracted from the skin into a precooled material in contact with

the skin that heats up as the skin cools down. As thermal energy is conducted into the gel from the skin, the gel heats up until it reaches a temperature near body temperature. No method is provided to actively extract heat from the gel itself thereby maintaining it at a low temperature.

The second of these methods, cooling using ice cubes', involves placing thin transparent ice cubes, approximately 5-7 millimeters thick, in contact with the skin. Applying the ice cubes and maintaining the proper contact with the skin is also cumbersome and difficult Timing the cooling relative to the radiation pulses is also difficult to control. This method, too. is passive, since the heat transfer is limited to the thermal capacity of the ice itself. No means for actively extracting heat from the ice in contact with the skin is provided.

The third **method**, **cryogen** spurt cooling. **Involves** spraying the surface of the skin being treated with a refrigerant, such as R-12, that evaporates at room temperature and pressure. The refrigerant is sprayed on the epidermis in pulses that typically vary between 5 and \$0 milliseconds In duration. These pulses cool a surface area of skin of about seven millimeters in width. Since this method involves spraying a pressurized liquid coolant on the skin, the timing of cooling with respect to treatment irradiation is more controllable than the foregoing methods. A further advantage Is the amount of cooling possible using this method; commonly used refrigerants can cool the epidermis as much as 40° Celsius. Drawbacks to this method include difficulty in controlling the amount of cooling, the Inability to cool more than a small area of skin, and the difficulty in properly aligning the cooling and heating mechanisms.

The foregoing illustrates the need for a new method of cooling the skin that is more convenient, provides better control of temperature and timing, and is capable of cooling a larger surface area of skin.

The present invention is directed to a method of cooling skin as protection against thermal damage during radiation treatment, and Includes the steps of thermally coupling a window to the skin, and actively extracting heat from the window. To extract heat a coolant fluid can be thermally coupled to the window and its heat may be conducted into the coolant fluid. The fluid, in turn, may be conducted away from the window by a pump, for example, and its flow may be regulated by a valve. Thermal energy may be removed from the coolant fluid, such as by coupling the fluid to a heat exchanger, for example, a thermoelectric cooler. Skin temperature can be monitored, such as by transmitting Infrared radiation from the skin through the window, then electronically sensing this radiation. A thermally conductive gel maybe interposed between the skin and the window, the window pressed against the skin, and a portion of the gel extruded from between the window and the skin. This gel may be a water-based thermally conductive gel, and may contain antifreeze.

The **present** Invention Is also directed to a method for controlling the depth-wise **temperature** distribution of

skin!tissue!by!thermally!coupling!skin!tissue!to!alwindow that!is!transparent!to!therapeutic!wavelengths!oflelectromagnetic!radiation,!applying!therapeutic!wavelengths of!radiation!to!the!window,!transmitting!the!wavelengths through!the!window,!and!applying!the!wavelengths!to the!skin!tissue.!The!method!may!also!include!extracting thermal!energy!from!the!skin!tissue!by!cooling!the!window!alpredetermined!period!before!the!radiation!ls applied!to!and!transmitted!through!the!window!and applied!to!the!skin.

In!addition,!the!present!Invention!Is!directed!to!an apparatus!for!therapeutic!treatment!of!skin!tissue Including!a!source!of!therapeutic!radiation,!a!window transparent to the radiation, coolant fluid thermally coupled!to!the!window!and!adapted!to!remove!thermal energy!from!the!window,!and!a!heat!exchanger!thermally!coupled!to!the!coolant!to!remove!thermal!energy from!the!coolant.!The!window!may!have!a!crystalline structure, !such!as!sapphire!or!quartz.!!t!may!be!a!syntheticlsapphire.!It!preferably!transmits!radiation!in!the 20 0.3!to!4.5!micron!band!of!radiation.!The!window's!thermallconductivity!is!preferable!at!least!10!W/m'°C.!More preferable!it!is!at!least!25!W/m"C.!Most!preferable!it!is at!least!40!W/m'°C.!Alconduit!maybe!thermally!coupled to!the!window!and!adapted!to!convey!the!coolant!into thermal!contact!with!the!window.!The!coolant!flow!may be!regulated,!such!as!by!a!valve.!A!coolant!moving!element!may!be!provided!to!propel!the!coolant!through!the conduit,!such!as!a!pump.!The!radiation!source!may!emit incoherentlelectromagneticlradiation, such as la flash- 30 lamp, lor! may!emit!coherent! radiation,! such!as!a! laser. The!coolant!may!be!thermally!coupled!along!a!lateral edge!of!the!window.!The!window!itself!may!transmit!the coolant!fluid,!and!may!transmit!fluid!through!the!radiation!path.!The!present!invention!may!include!a!heat 3s exchanger!thermally!coupled!to!the!window!to!remove thermallenergy!from!thelwindow,!and!cooling!fluid!coupled!to!the!heat!exchanger!to!remove!heat!from!the!heat exchanger.!The!heat!exchanger!may!be!a!thermoelectric!cooler,!and!the!coolant!fluid!may!be!air!or!a!liquid.!lf 40 the!coolant!fluid!is!a!liquid,!it!is!preferable!maintained!in thermall contact! with! the! heat! exchanger! by! a! liquid! conduit.

The!present!invention!will!now!be!described!further hereinafter,!by!way!of!example!only,!with!reference!to the!accompanying!drawings;!in!which:-

FIGURE!1! is! an! illustration! of!an!apparatus! for! cooling! epidermis;

FIGURE!2!is!a!cross-sectionallview!ofla!device!for the!treatment!of!lesions!including!the!apparatus!of FIGURE!1!thermally!coupled!to!the!skin!at!a!treatment!site;

FIGURE!3!is!a!cross-sectional!view!of!a!window with!a!thermally!coupled!heat!exchanger!and!heat ss sink;!and

FIGURE!4!is!a!cross-sectional!view!of!a!window with!a!thermally!coupled!heat!exchanger!and!liquid conduit

Before explaining at least one embodiment of the invention in Idetail it is to be understood that the invention Is not limited In its application to the Idetails of construction and the arrangement of the components set forth in Ithe following Idescription or illustrated In Ithe drawings. The invention is capable of other embodiments of being practiced or carried out in various ways. Also, it is to be understood that the phrase ology and terminology employed herein is for the purpose of description and should not be regarded as limiting.

ThelpresentInventionIisIdirectedItoIalmethodIand apparatusIforIcoolingIskinIduringIelectromagneticIrradiationItreatments.IRegardingIFIGUREI1,IalcoolingIsystemI10IIncludesIaltransparentIwindowI12Ithermally coupledItoIalcoolingIchanneII14.ICoolingIchanneII14 containsIalcoolantI16,IwhichIisIpropelledIthroughIchanneII14IbyIcoolantIpumpI18,IandIIsIalsoIregulatedIinIits flowIbyIcoolantIvalveI20.IAIheatIexchangerI22IisIprovidedItoIregulateItheItemperatureIofIcoolantI16.

The!transparent!window!serves!two!primary!purposes!in!the!present!invention:!conducting!heat away from!the!skin,!and!transmitting!electromagnetic!radiation!from!a!radiation!source!(not!shown)!to!the!skin!for treatment.!Itis!'transparent'!in!the!sense!thati!allows desired!therapeutic!wavelengths!of!electromagnetic radiation! to! substantially! pass! from! the! radiation! source tolthelareal of skin! being treated ! Tol provide superior heat!conduction!and!high!radiation!transmissiviy,!window 12!has!a!thermal!conductivity!of!at!least!10!W/m'°C is!preferred!to!provide!the!necessary!coding!capacity for!typical!applications.!Almaterial!havingla!thermal!conductivity!oflat!least!25!W/m"C!(such!as!synthetic!sapphire)!is!more!preferred.!Several!commonly!available crystalline! materials! such! as! quartz! or! sapphire! provide even better!cooling,!and!have!thermal!conductivities!of around!40-45!W/m'°C.!From!a!technical!perspective, the!best!window!material|currently!known!is!diamond which!has!a!thermal!conduct vity!of!around!900 W/m'°C.!Diamond!windows!are!currently!impractical due!to!cost,!however.

Sapphire's applicability is lenhanced by lits! relative transparence! to I radiation! in la! band! extending! from! 0.3 to! 4.5 \( \mu\), lenabling! its! use! with! a! variety! of! coherent! and incoherent! radiation! sources.! The! operation! of! a! sapphire! window! is! highly! efficient! For! example,! a! sapphire window! measuring! 35! mm! by! 8! mm! and! having! a! 5! mm thickness! can! be! cooled! to! 0°! Celsius! from! room! temperature! in! less! than! 20! seconds,! so! that! its! temperature! distrbution! will! be! highly! uniform.

Cooling!channel!14!is!designed!to!contain!coolant 16! and!to!thermally!couple!it!to!window!12,!thus!allowing heat!transmitted!from!the!skin!to!the!window!to!be!transferred!into!the!coolant!for!removal!from!the!treatment site.!In!the!preferred!embodiment,!and!as!shown!in!FIG-URE!1,!cooling!channel!14!is!formed!along!a!lateral edge!of!window!12.!Alternatively,!cooling!channel!14 may!be!Integrally!formed!within!window!12!itself.!If!a portion!of!cooling!channel!14!passes!through!window 12!and!coolant!16!is!transparent!to!the!therapeutic!radi-

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ation, therapeutic radiation can be directed through both window 12 and coolant 16 to irradiate the treatment site.

Coolant 16 typically includes a high heat capacity fluid such as water. In this embodiment, it removes heat from the skin by **conduction** from the window. To transfer thermal energy from the treatment site to the window, the window must be maintained at a temperature below that of the treatment site. To transfer thermal energy from the window to the coolant, the coolant must be maintained at a temperature below that of the window. To significantly limit damage to the skin during treatment, the treated skin should preferably be cooled to a temperature at or near the freezing point of water. To provide a temperature this low, the coolant must remain fluid at a temperature of 0° Celsius or below. Thus the coolant preferably includes an antifreeze. If the coolant is conducted through channels in the window itself, rather than along the lateral edges of the window, it should preferably be transparent to radiation in the band of therapeutic wavelengths.

Coolant pump 18 Is provided to pump coolant 16 through cooling channel 14 in the direction of the arrows shown in FIGURE 1, and valve 20 regulates the flow of coolant through the cooling channel. Cooling can be controlled by regulating the output of the pump, typically 25 by regulating pump speed or capacity, regulating the amount of flow restriction provided by the cooling valve or regulating both the pump and the cooling valve simultaneously. Preferred pumps include reciprocating, centrifugal and peristaltic pumps.

In the preferred embodiment, heat exchanger 22 is provided to transfer heat energy to a secondary cooling fluid such as air or water. The heat exchanger illustrated here is a thermoelectric cooler which, due to its relatively small size and low power consumption, is particularly suited to removing heat energy from the coolant. In this embodiment, the coolant is in a closed loop, picking up heat at the window and releasing heat in the heat exchanger. By regulating the current flowing through the thermoelectric **cooler** (which is **produced** in the **embod**- eo ied heat exchanger by application of a voltage to its terminals labeled "+' and "-') the amount of heat extracted from the coolant can be varied. In an alternative embodiment, rather than providing a closed loop for the primary coolant, an large reservoir of chilled coolant can 45 be provided to cool the skin. In this alternative embodiment, the heat exchanger would be replaced with a large precooled reservoir or tank of coolant. Fluid would be pumped out of this reservoir and through the window.

FIGURE 2 discloses another embodiment of the invention Including a radiation source 24 for emitting electromagnetic radiation, a reflector 26 for reflecting the radiation toward a treatment site 28, a light guide 30 for directing and transmitting the radiation toward treatment site 28, a radiation filter 32 for restricting the radiation transmitted to therapeutic bands of frequencies. window 12 for transmitting the therapeutic wavelengths toward treatment site 28 while simultaneously conducting thermal energy from the skin, a gel 34 for transmitting the therapeutic radiation wavelengths while simultaneously conducting thermal energy from the skin to window 12, a radiation sensor 36 for sensing the temperature of treatment site 28, cooling channels 14 and pressure sensor 38. The path of therapeutic radiation emitted from radiation source 24 to the treatment site is shown schematically as dashed lines. Coolant passing through the cooling channels can be conveyed, controlled and cooled in a manner similar to that disclosed in FIGURE 1 and the accompanying text

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Radiation source 24 provides pulsed electromagnetic radiation including therapeutic wavelengths of radiation. In this embodiment, radiation source 24 is a flash lamp that emits incoherent radiation in a broad spectrum. Alternatively, a radiation source capable of providing coherent radiation, such as a laser radiation source, may also be effectively employed.

Reflector 26 is preferably polished metal, for example polished aluminum, to reflect at least the radiation In therapeutic wavelengths.

Light guide 32 is employed to gather and direct radiation from the radiation source to treatment site 28. Typically an optical fiber is employed for radiating relatively small treatment sites, and a quartz light guide is **employed** for!radiating larger treatment sites.

Radiation filter 32 is employed to filter out unwanted wavelengths of radiation, typically wavelengths that are harmful to the skin, such as radiation In the ultraviolet spectrum. One or more fitters may be employed to transmit a band of wavelengths that!are tailored to!penetrate the skin to a predetermined depth.

A gel 34 may be disposed between the surface of the skin and the window, thermally coupled to both, to provide better transmission of therapeutic wavelengths by reducing backscatter!off!the surface of!the window in proximity to the skin and to provide more effective conduction of thermal energy from the skin to the window by eliminating pockets of air that may remain between skin at the treatment site and window 12. Skin at the treatment site is often rough and uneven. Consequently, pockets of air (not shown) may remain between window 12 and skin at the treatment site preventing good thermal contact when window 12 is pressed against the skin. Heating and cooling may be uneven and unpredictable. A wetting agent,!such as gel 34, when applied between window 12 and skin at the treatment site, fills surface imperfections on the skin, and allows air to be expelled when window 12 is pressed against the skin. Water-containing gels are particularly effective due to their relatively high thermal conductivity their ability to wet both the treatment site and the window, and their ability to transmit a wide range of therapeutic radiation wavelengths. In use, a gel Is applied to the window or the skin in quantities greater than that needed to fill the surface imperfections, then the window is brought Into contact with the skin. As pressure is applied to the window, excess gel (along with entrained air) is squeezed out along the sides of the window, providing a thin, thermally conductive layer of gel between the window and

the!treatment!site.

Radiation!sensor!36!may!be!employed!to!produce!a signal!indicative!of!the!degree!of!skin!heating!or!cooling.

A!sensor!responsive!to!infrared!wavelengths!of!fight emitted!by!skin!at!the!treatment!site!is!particularly!well suited!to!this application. The window is preferably oriented!between!the!sensor!and!the!treatment!area-to pass!thermal!radiation!emitted!from!the!skin!to!the!sensor.!Radiation!sensors!that!are!responsive!to!radiation in!the!2!to!5!micron!band!are!particularly!suitable!for measuring!radiation!emitted!from!the!skin.

Cooling channels! 14! may! be! employed! as described! above! In! accordance! with! the! description! in accompanying! FIGURE! 1.

In!order!to!achieve!good!thermal!contact!with!the fs skin!surface,!it!is!preferable!to!apply!and!maintain!pressure!on!the!window!against!the!treatment!site.!Pressure sensor!38!is!disposed!to!sense!this!pressure.!In!this embodiment, it is fixed with respect to the window. Since the! pressure!sensor! indicates! contact! between! the! window!and!the!treatment!site,!it!can!be!monitored!to!indicate! the! onset! of! skin! cooling! and! thus! to! control! a! delay (ifidesired)! between!cooling! and! generation! ofithe! therapeutic!radiation.!For!example,!epidermis!at!a!50 micron!depth!can!be!cooled!from!32°!Celsius!to!6°!Calsius!in!1!second.!By!delaying!the!light!pulse!for!1!second!after!cooling!initiation,!significant!damage!to!the epidermis!layer!can!be!avoided.!Window!temperature!is alsolalfactor!in!determining!the!light!pulse!delay.!For example,!if!the!window!is!cooled!to!-15°!Celsius!before!so it is applied to the skin, the time to cool the epidermis at aldepth! of! 100! microns! is! reduced! to! 0.1! seconds.! By monitoring!the!pressure!sensor,!and!controlling!the!temperaturel of! the! window,! optimal! cooling! can! be! provided.

FIGURE 3! discloses!a cross-sectional!view!of window!12,!thermally!coupled!to!heatlexchanger!40,!with attached!heat sink 42. Alfan 44 is provided to!blow!air across!heat!sink!42.!In!this embodiment, unlike!the embodiment show! in FIGURES 1 and 2. heat 40 exchanger!40!(here!shown!as!a!thermoelectric!cooler) is!thermally!coupled!to!window!12!directly,!eliminating the intermediate coolant shown in FIGURE! 1! and indicated!in!FIGURE!2.!This!apparatus!is!preferred!when!a quick! response! is! required! and! it! is possible! to! apply a 45 largel window! to! the! treatment! site.! By! thermally! coupling! heat! exchanger! 40! directly! to! window! 12,! it! can cool!the!window!directly.!In!comparison,!the!apparatus disclosed!in FIGURE 1 allows heatlexchanger!22!to cool the window! by first! chilling coolant 16,! which! in! turn 50 cools!window!12.!In!such!an embodiment,!both the mass!of!coolant! 16! and! the! mass! of! window! 12! must! be chilled to a temperature below the desired skin temperature!to!effect cooling!to that temperature.!By!placing heat!exchanger!40 in! direct! thermal! contact! with! the window! 12, only the! mass of the! window need! be! cooled tolaltemperature|below|theldesired|skin|temperature|to effect coding to that temperature. This direct coupling allows more!rapid!window cooling!and more!precise

controlloflskin!temperature.!This!Improved!cooling!and control,!in!turn,!provides!for!more!rapid!cycling!oflthe radiation!source!(shown!in!FIGURE!2)!and!shorter treatments.!Heat!exchanger!40!is!preferably!controlled similarly!to!the!heat!exchanger!of!FIGURE!1.

To!provide!more!rapid!cooling!and!to!Increase!the efficiency!of!heat!exchanger!40,!it!may!be!thermally coupled!to!heat!sink!42.!A!preferred!material!for!the heat!sink!is!aluminum!or!another!high!conductivity metal.!Fins!maybe!provided!on!heat!sink!42!to!enhance cooling.

Fan! 44! may! also! be! employed! to! increase! the! air flow! about heat! exchanger! 40! to! transfer! heat! away! from the! hot! side! of! heat! exchanger! 40! orthefins! of! heat! sink 42.

Since!typical!heatlexchangers!are!not!transparent to!the!common!wavelengths!of!therapeutic!radiation used!for!treatment,!the!heat!exchanger!or!exchangers are!preferably!thermally!coupled!to!the!window!along!its lateral!edges,!thereby!providing!a!path!for!the!therapeutic!radiation!to!reach!the!treatment!site!.Attematively,!a window!larger!than!the!treatment!site!can!be!provided, and!the!heat!exchanger!or!exchangers!can!be!coupled to!an!upper!surface!of!the!window!adjacent!to,!but!not obstructing,!the!path!of!the!therapeutic!radiation!that passes!through!the!window!and!impinges!upon!the!skin.

FIGURE!4!discloses!an!alternative!embodimentlof window! 12! and! thermally! coupled! heat! exchanger! 40 similar/to/that/of/FIGURE/3.!In/the/FIGURE/4/embodiment,!fluid!coolant!flow!(such!as!coolant!16,!above) through!cooling!channel!46!removes!heat!from!heat exchanger!40.!Cooling!channel!46!is!thermally!coupled to!heat!exchanger!40!to!remove!thermal!energy!from heatlexchanger!40.!The!coolant!may!be!drawn!from!an external!reservoir!of!fluid.!Heat!exchanger!40!In!this embodiment is althermoelectric cooler capable of pumping!heat!from!a!cool!side!to!a!hot!side!of!the device.!Since!heat!is <u>pumoed</u>from!window!12to!cooling channel!46, the !coolant in !cooling! channel!46! need! not be!maintained!at!a!temperature!below!the!target!temperature!of!the!skin,!as!is!the!case!in!the!FIGURE!1 embodiment.!Thus,!sources!of!coolant!fluid!warmer than!that!used!in!the!FIGURE!1!embodiment,!such!as!a cold!water!tap,!may!be!sufficient!for!many!applications.

In!an!alternative!embodiment,!the!window!12,!heat exchanger!40!and!cooling!channel!46!of!the!FIGURE!4 device!can!replace!the!window!12!and!cooling!channel 14!of!the!FIGURE!1!device,!thereby!providing!alsystem with +m heat!exchangers!and!an!intermediate!coolant. This!will!provide!superior!temperature!control!and!a faster!cooling!response!time!than!that!provided!by!the FIGURE!1!or!FIGURE!4!embodiments!alone.

Thus,!it!should!be!apparent!that!there!has!been provided!in!accordance!with!the!present!invention!a method!and!apparatus!for!cooling!skin!and!the!selective heating!of!lesions!that!fully!satisfies!the!objectives!and advantages!set!forth!above.!Although!the!invention!has been!descnbed!in!conjunction!with!specific!embcdimerrts!thereof,!it!is!evident!that!many!alternatives,!mod-

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illations and variations will be apparent to those stalled in the art. Accordingly, it is intended to embrace all such alternatives, modifications and variations that fall within the spirit and broad scope of the appended claims.

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### Claims

- A method of cooling skin to protect said skin from thermal damage during irradiation treatment using therapeutic bands of electromagnetic radiation characterised by the steps of:
  - thermally coupling a window (12) to said skin, actively extracting heat from said window.
- 2. A method as claimed in claim 1, wherein the step of actively extracting heat from said window includes the steps of:
  - thermally coupling a coolant fluid (16) to said 20 window;
  - conducting heat from said window to said coolant fluid; and
  - conducting said coolant fluid away from said window after said step of conducting heat from said window to said coolant fluid.
- 3. A method as claimed in claim 2, further comprising the step of:
  - removing thermal energy from said coolant fluid.
- A method as claimed in claim 3, wherein the step of removing thermal energy from said coolant fluid further includes the step of thermally coupling said coolant fluid to a heat exchanger.
- 5. A method as claimed in any one of claims 1 to 4, further comprising the step of monitoring the temperature of said skin.
- 6. A method as claimed in claim 5, wherein the step of monitoring further comprises the steps of:
  - transmitting radiation emitted by the skin through said window;
  - electronically sensing said emitted radiation, wherein the step of transmitting radiation occurs before said step of electronically sansing.
- 7. A method as claimed in any one of claims 1 to 6 wherein the step of thermally coupling a window to the skin includes the step of:
  - interposing a thermally conductive gel (34) between said window and said skin.

8. An apparatus for therapeutic treatment of skin tissue comprising:

- a source (24) of therapeutic electromagnetic radiation having a path of radiation;
- a window (12) transparent to said therapeutic radiation and Intersecting said path of radiation; and a means (14,1622,40) for actively extracting thermal energy from said window.
- 9. An apparatus as claimed In claim 8, wherein said means for actively extracting heat from said window comprises:
  - coolant fluid (16) thermally coupled to said window and adapted to remove thermal energy from said window;
  - a heat exchanger (22) thermally coupled to said coolant fluid and adapted to remove thermal energy from said coolant fluid; and a conduit (14) thermally coupled to said win-
  - a conduit (14) thermally coupled to said window and adapted to convey said coolant fluid Into thermal contact with said window.
- 10. An apparatus as claimed In claim 9 further comprising a coolant flow regulating means (20) in fluid communication with said conduit to regulate the flow of said coolant fluid.
  - 11. An apparatus as claimed in any one of daims 9 or 10, wherein the coolant fluid is thermally coupled to the window along a lateral edge of the window.
  - 12. An apparatus as claimed in any one of claims 9 or 10, wherein the window is adapted to transmit the coolant fluid.
  - 13. An **apparatus** as claimed In claim 12, wherein the window is adapted to transmit coolant fluid through the radiation path.
  - 14. An apparatus as claimed in claim 8 or any one of claims 10 to 13 when appendant to claim 8, wherein said means for actively extracting heat from said window includes:
    - a heat exchanger (22) thermally coupled to said window and adapted to remove thermal energy from said window; and coolant fluid (16) thermally coupled to!said!heat exchanger!and!adapted!to!remove!thermal energy!from!said!heat!exchanger.
  - 15. An apparatus as claimed in any one of claims 8 to 14, wherein said window has a thermal conductivity of at least 10 W/m'°C.

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